

## **An evaluation about previous aspirin and warfarin use in thromboembolic stroke patients with atrial fibrillation admitted to Alavi Hospital**

### **Abstract**

**Objective:** Cardioembolism due to atrial fibrillation accounts for approximately 15-20% of ischemic strokes and is a potentially preventable cause for stroke disability and death. Clinical guidelines for the management of atrial fibrillation provide recommendations for anticoagulation based on patients' overall risk of stroke. But studies continue to demonstrate the under-use of warfarin in clinical practice. The purpose of this study is to investigate antithrombotic therapy situation in Ardabil.

**Methods:** In a one-year period, we studied patients admitted to the Ardabil Alavi Hospital with a diagnosis of ischemic stroke and atrial fibrillation. We recorded type of pre-stroke antithrombotic medications and admission INR.

**Results:** Overall 43 patients with a diagnosis of ischemic stroke and atrial fibrillation were identified. Among patients admitted with an ischemic stroke who had known history of atrial fibrillation and were candidates for warfarin (n=30), pre-admission medications were warfarin (20%) and aspirin (80%). Of those taking warfarin, all of them had subtherapeutic INRs on admission. On analyses, increasing age was associated with a reduced warfarin use. (p=0.002)

**Conclusion:** In high-risk patients with atrial fibrillation admitted with a stroke, and who were candidates for anticoagulation, most were not taking warfarin, and all of those who were on warfarin were subtherapeutic at the time of stroke. These findings should encourage greater efforts to prescribe and monitor appropriate antithrombotic therapy in patients with atrial fibrillation.

**Key words:** Ischemic stroke, atrial fibrillation, warfarin, aspirin